



Tips for Virtual Learning

Treat an online/virtual course like a “real” course:

While it can be nice to find out all of the scheduled course assignments at the beginning of the week, you must also plan on when to complete said assignments. Be kind to yourself and get a head start. If you receive all assignments on Monday and everything is due on Friday, start on Monday or early in the week, but always leave yourself enough time to complete the assignments and have all questions regarding the assignments answered by the teacher, if necessary.

Hold yourself accountable:

Online courses can be tough. Make sure to give yourself plenty of reminders when it comes to due dates. Keep a planner near if you enjoy writing due dates down or use the “sticky notes” app on a computer or even setting reminders on your smartphone calendar. When I have an online course, I like to write all important due dates in my monthly planner and then mirror that onto my smartphone calendar. It makes it easier to see it coming up anytime I open my planner and nice to receive a reminder from my phone that it is coming up. If you need more help because virtual/online learning just isn't your jam, enlist the help of a friend, classmate or parent/guardian to help you stay on track and hold you accountable. Be organized, proactive and self-aware, so you can get the most out of your online class even when life outside of school becomes chaotic.

Practice time management:

TIME MANAGEMENT IS KEY! If you aren't used to virtual/online learning, don't worry, I promise it does get better. The best part is knowing that assignments and due dates will be given ahead of time and you will be able to plan your weekly schedule to study and complete assignments. Teachers usually supply a syllabus for high school/college aged children, make sure to study this at the beginning of the year so you know what to expect from the course. While the syllabus is subject to changes, you will still be way ahead of the game by knowing most of the important chapters you will be studying. Don't forget to set your reminders! It also helps if you can set time-blocks to allot yourself a certain amount of time to complete course work. Work on one assignment and once complete, move onto the next. Make sure you are giving yourself plenty of study time, if you often find yourself cramming before an exam...make some adjustments to give yourself more study time. We only live once, and stress is not apart of our plans.

Create a regular study space and keep it organized:

Set up a designated study space. You can use a desk, the kitchen table, anywhere that is comfortable for you and make it a routine to study there. Make sure your study space is productive to how you learn. Regardless of the study space you choose, make sure to stay organized, especially if your study space is not in your home. Knowing exactly where all your important notes/books/assignments live will help keep you on track to hitting your goals. Keep a pair of headphones for listening to lectures, this can help if you have a hard time hearing if your study space is in a public place.

Eliminate distractions:

I know, I know! Netflix, Hulu, Insta and Tik Tok are so much more fun than school work...but trust me...leave them alone until you are done studying. Turning off your phone, notifications or at least putting it on silent can also help eliminate some distractions. Think about it this way...the faster you get complete your school work, as long as done correctly to the best of your ability and your studying is complete, you can reward yourself with some social media time or watching your fave tv series.

Figure out how you learn best:

Once you've established where you'll learn, think about when and how you accomplish your best work. If you're a morning person, make time to study first thing. More of a night owl? Set aside an hour or two after dinner to cozy up to your computer. Not everyone learns the same way, so think about what types of information help you best grasp new concepts and employ relevant study strategies. If you're a visual learner, for example, print out transcripts of the video lectures to review. Learn best by listening? Make sure to build time into your schedule to play and replay all audio and video-based course content. Another great tip for trying to remember important details is to write them down. I like to read all my notes and then transfer them into a notebook to help myself remember.

Actively participate:

Participate in the course's online forum to help you better understand course materials and engage with fellow classmates. This might involve commenting on a classmate's paper on a discussion board or posting a question about a project you're working on. Read what other students and your teacher are saying, and if you have a question, ask for clarification. And if you do feel yourself falling behind, speak up. Don't wait until an assignment is almost due to ask questions or report issues. Email your teacher and be proactive in asking for help.



Hey NPHA tenants!!

Have you checked out our new and improved website? You can now complete applications online and even pay your rent using PayPal! Please visit our website at www.poncahousing.org

Schools and Childcare Programs

Checklist for Parents

Parents: Get Your Children Ready for Coronavirus Disease 2019

You can help protect your family from COVID-19 by practicing and promoting everyday healthy habits. If an outbreak occurs in your community, your school may dismiss students to prevent further spread of the virus. Use this checklist to plan and take action if a COVID-19 outbreak occurs in your community.

PLAN AND PREPARE

Practice and reinforce good prevention habits with your family.

- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Wash hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.

Keep your child at home if sick with any illness.

If your child is sick, keep them at home and contact your healthcare provider. Talk with teachers about classroom assignments and activities they can do from home to keep up with their schoolwork.

Be prepared if your child's school or childcare facility is temporarily dismissed.

Talk with your employer about sick leave and telework options in case you need to stay home with your child. Consider planning for alternate childcare arrangements.

IF YOUR SCHOOL/CHILDCARE PROGRAM IS DISMISSED

Keep track of school dismissal updates.

Read or watch local media sources that report school dismissals or stay in touch with your school.

Talk to your school about options for digital and distance learning.

Discourage children and teens from gathering in other public places while school is dismissed to help slow the spread of COVID-19 in the community.

Seek guidance from your school administrator to determine when students and staff should return to schools.

Duration of school dismissals will be made on a case-by-case basis based on the most up-to-date information about COVID-19 and the specific situation in your community. Students and staff should be prepared for durations that could last several days. Administrators should work with their local health authorities to determine duration of dismissals.





Hands that look clean can still have icky germs!



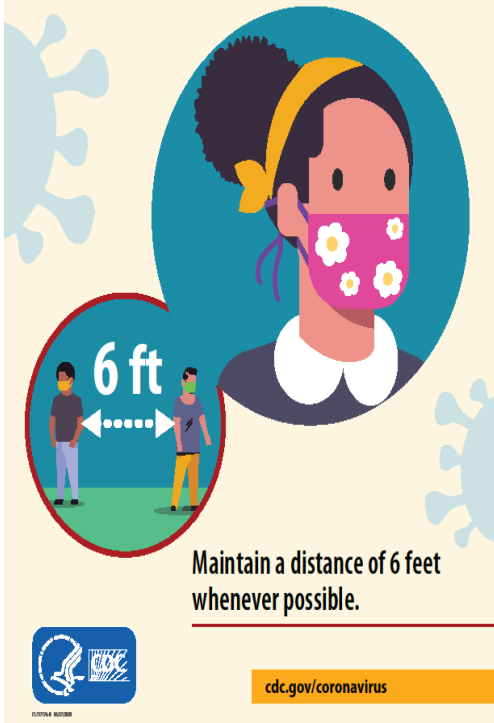
WASH YOUR HANDS!



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

This material was developed by CDC. The Life Is Better with Clean Hands campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.

Please wear a cloth face covering.



Why it is important to wear a cloth face covering?

Cloth face coverings may help prevent people who have COVID-19 from spreading the virus to others. Wearing a cloth face covering will help protect people around you, including those at [higher risk of severe illness](#) from COVID-19 and workers who frequently come into close contact with other people (e.g., in stores and restaurants). Cloth face coverings are most likely to reduce the spread of COVID-19 when they are widely used by people in public settings. The spread of COVID-19 can be reduced when cloth face coverings are used along with other [preventive measures](#), including [social distancing](#), frequent handwashing, and cleaning and disinfecting frequently touched surfaces.

The cloth face coverings recommended here are not surgical masks or respirators. Currently, those are critical supplies that should be reserved for healthcare workers and other first responders. Cloth face coverings are not personal protective equipment (PPE). They are not appropriate substitutes for PPE such as respirators (like N95 respirators) or medical facemasks (like surgical masks) in workplaces where respirators or facemasks are recommended or required to protect the wearer.

Stop the spread of germs that can make you and others sick!



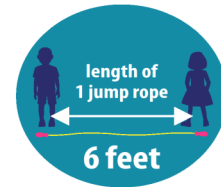
Wash your hands often



Wear a cloth face cover



Cover your coughs and sneezes



Keep **6 feet** of space between you and your friends



cdc.gov/coronavirus



Letter from the Director:

Hello Northern Ponca Housing Authority (NPHA) Tenants. I hope all is well with you and your families. I wanted to send out a little note letting you know what housing is doing during the COVID-19 Pandemic. Some of this you already know, such as the 3 month rent relief that was given, the food distributions and the utility payments, but there is so much more to see.

The staff of 19 here at housing, has been hard at work behind the scenes doing little projects here and there and a whole lot of shopping. We have purchased six (6) Frigidaire (14.8 Cu. Ft.) chest freezers and we are filling them up pretty fast to get ready for our meat distribution. This will be set up as a one day event in August, date and time will be coming shortly.

We are working alongside the tribe to get some snack packages ready for the B2S events in August. We are open to any suggestions you may have.

This pandemic has really opened our eyes on what is really important, and that is you and your families. Tasks are being handled in a different way but still getting done. We have been able to work over the phone and online, from our offices or even at home. We have continued to work on vacant units and have even done move in's, homeownerships, conveyances and tenant based rentals. Housing is still here and is available to meet your needs.

This year NPHA will not be doing our annual inspections, but would like to let you know we are creating a self-inspection protocol. This year you will be doing your own inspection and you will then let housing know what is going on within your unit. You will be filling out the form and sending us pictures if need be, with a narrative to address the issue. Housing will then come up with a solution and create a work order.

Note: All emergency maintenance will need to be called in to the housing authority ASAP.

Stay safe and take care!!!

Thank you,

Joey Nathan